



# QCOOK

## Artichoke & Basil Pesto Pizza

with jalapeño relish

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Veggie:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Piekenierskloof | Grenache Noir

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	875kJ	4791kJ
Energy	209kcal	1145kcal
Protein	6.7g	36.9g
Carbs	37g	203g
of which sugars	4.5g	24.4g
Fibre	1.9g	10.2g
Fat	4.5g	24.5g
of which saturated	1g	5.7g
Sodium	437mg	2394mg

**Allergens:** Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
1	1	Onion <i>peel &amp; roughly slice</i>
1	2	Fresh Dough Ball/s
30ml	60ml	Sour Cream
60g	120g	Artichoke Quarters <i>drain &amp; roughly chop</i>
15ml	30ml	Jalapeño Relish
20g	40g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
30ml	60ml	Pesto Princess Basil Pesto

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Flour

Rolling Pin

1. **SILKY ONION** Preheat the oven to 220°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally).

2. **HANDMADE PIZZA** Sprinkle a flat surface with some flour. Using a rolling pin, roll out the pizza dough to form a round thin base per portion. Place the base on an oven tray and brush lightly with olive oil. Pop in the oven and bake until golden and crispy, 10-15 minutes. Remove from the oven.

3. **TASTY TOPPINGS** Smear the sour cream over the base/s, top with onions, the artichokes, jalapeño relish, and the sun-dried tomatoes. Season and return to the oven to bake until the toppings are warmed through, 3-4 minutes.

4. **GRAB A SLICE** Finish with dollops of pesto, and cut. Tuck in, Chef!

**Chef's Tip** When you begin prepping to cook, remove your dough from the fridge and set aside to come to room temperature.